



# fit<sup>3</sup>

## JANUARY 2022 - NEW YEAR, START HERE SQUATS & PUSHUPS CHALLENGE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Daily: 10 Pushups, 2 x 10 Squats						
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Daily: 10 Pushups, 2 x 12 Squats						
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Daily: 10 Pushups, 3 x 10 Squats						
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Daily: 10 Pushups, 3 x 12 Squats						
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
<b>30</b>	<b>31</b>	<p><b>Pushups</b> – select a variation that allows you to complete most repetitions through a full range of motion and progress to a more difficult variation as strength increases (eg. hands on a lower surface)</p> <p><b>Squats</b> – may be done with body weight or using added resistance by holding a weighted object. Rest 30-60 seconds between sets.</p>				
Reliv Shake	<p>Daily: 10 Pushups, 3 x 15 Squats</p> <p>Reliv Shake</p>					

